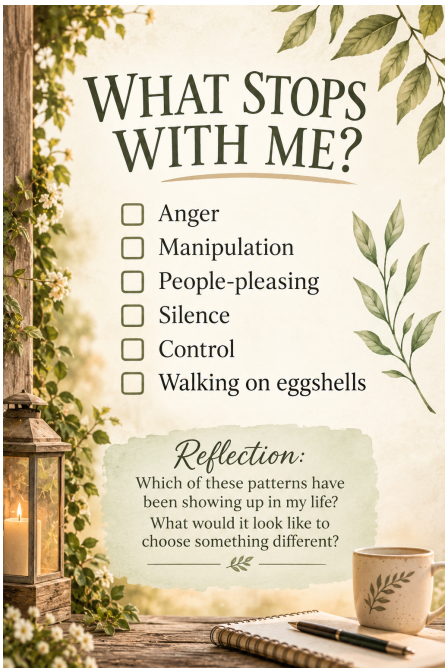

WHAT STOPS WITH ME?

A reflection exercise for recognizing unhealthy patterns and choosing what you want to carry forward.

Which of these patterns have been showing up in my life?
Check any that feel familiar. This isn't about labeling yourself or your family—it is simply an invitation to notice what you've learned.

Pattern I learned	What I want to practice
Anger	Calm communication
Manipulation	Honest requests
People-pleasing	Healthy boundaries
Silence	Honest conversation
Control	Trust and freedom
Walking on eggshells	Safety and honesty

Don't just identify the pattern. Name the new pattern.

What would it look like to choose something different?

The pattern I recognize:

What I learned to do because of it:

What I want to practice instead:

Remember: Your history may be part of your story. It doesn't have to become your legacy.